

# Crave

## Week 4 | I just can't say "no" to.... digital devices.

### ■ BOTTOM LINE

Our use of TECHNOLOGY is a tension to manage not a problem to solve. Technology illuminates our tension within our human nature.

### ■ GOAL OF THE GROUP

For our 4th week we are talking about the topic of digital devices. The digital world isn't good or bad. It is simply a reflection of our human nature. We hope to understand the struggle with human nature when it comes to the digital world.

### ■ SCRIPTURE

Romans 12:1-2, 1 Corinthians 6:12

## DISCUSSION QUESTIONS

1. **Share:** Let's be honest, what is your favorite show to binge watch?
2. **Discuss:** What about technology do you enjoy? What about technology has negatively impacted your life? (Read some of the stats in the "Think About" section)
3. **Read & Discuss:** Read these statements.
  - Isolation over Relationship isn't new.
  - Distraction over Productivity isn't new.
  - Comparison over Confidence isn't new.
  - a. How do these three statements relate to the struggle of over-indulging our appetite for technology?
  - b. How does technology influence your Identity in Christ vs Identity in what you are consuming?
4. **Read & Discuss:** Romans 12:1-2
  - a. How would renewing your mind free you from "wanting more" digital engagement?
  - b. What is a way that renews your mind, health and connection to God other than engaging or crashing into digital consumption?
  - c. Why do we struggle to limit the amount of digital content we engage with?
5. **Read & Discuss:** "The digital world isn't good or bad. It is simply a reflection of our human nature."
  - a. How is your digital consumption reflecting the state of your relationship with God, others, your view of yourself?
6. **Read & Discuss:** 1 Corinthians 6:12
  - a. What insecurity, brokenness, or sin has technology illuminated in your life?
  - b. What is at stake if you don't learn to master technology in your life?
  - c. What might God be speaking into your insecurity, brokenness, or sin that has been illuminated?
  - d. What is the next step that you will be taking when it comes to the digital engagement in your home or personal life? How will you choose to have portion control in this next season?

Here are some of the latest stats on technology:

- 27% of adults admit to being addicted to their Phone
- For teens, that number jumps to 50%
- The average American now spends 12 hours & 7 minutes consuming digital media every single day
- Parents spend an average of 9 hours and 22 minutes in front of various screens, almost 8 of them were for personal use, not work
- 78% of parents surveyed believed they were good roles models for their children as to how to use digital technology.



## TRY THIS

*Try one of these steps of Portion Control*

1. Put the phone in a basket when you get home for a couple of hours.
2. Turn off the notifications on your apps.
3. Schedule response times in your day.
4. Schedule a daily no technology time for your family.